EASY WAYS TO LEARN MATH

don't struggle

When things get tough, don't give up or get down on yourself.

- Identify what's confusing.
- Form questions.
- Look up answers.
- Ask your tutor for help.

Remember: tough = missing info. Get what you need!

go for deep understanding

Name, visualize, explain, & write out in your own words every ...

- symbol
- term
- definition
- process

make your OWN notes

Rework all notes that you take from others!

- Create graphic aids.
- Format the steps your way.

  For example, turn lists into flowcharts or mind maps.
- Come up with a framework of key words.
- Create your own mnemonic aids.

don't memorize formulas

Understand them. Explain it to yourself or someone else.

- Start with the topic or concept name.
- Then, add "The purpose is ...."
- Break the formula into separate actions.

  List & number them or use a graphic form like a flow chart.
- Use your own words and sentences as you review.

  Say to yourself, "The first step is ... I'm doing this in order to ..."

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Practice thoughtfully

Follow your frameworks and graphic aids.

- Don't practice mindlessly.
- Rework your frameworks, notes, & graphic aids if they don't lead to productive work & right answers.

take a break

Tips from Motivation Matters Tutor - Coaching

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